

# HOSPITAL AND TRAINING-SCHOOL ITEMS



QUESTIONS USED BY THE COLORADO NURSE BOARD OF EXAMINERS  
AT THE FIRST FULL EXAMINATION, JULY 18, 1906

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## ANATOMY AND PHYSIOLOGY

1. Name and locate the largest bone in the body.
2. Name the organs of the thoracic cavity, and give the function of each.
3. What are the three great eliminative channels of the body?
4. Name the divisions of the alimentary canal.
5. Describe any one of the following processes: digestion, respiration, or circulation.

## HYGIENE

1. How would you ventilate a sick-room?
2. Why is the daily bath of a patient so essential in the nursing care of many diseases?
3. How can water be rendered free from bacteria?
4. What general precautions should be observed in the purchase and care of foods?
5. What disposition should be made of the sputum from tuberculosis or pneumonia patients, and why?

## HYDROTHERAPY AND MASSAGE

1. Define hydrotherapy.
2. Describe method of giving a hot pack; cold sponge.
3. What effect has massage upon the circulation?
4. Name two diseases where massage is contra-indicated.
5. Why is massage beneficial to rest-cure cases?

## GENERAL MEDICAL DISEASES

1. What care would you give to prevent bed-sores?
2. How do you give a foot-bath in bed?
3. What class of patients are given cold baths?
4. In what disease is the sputum rust-colored?
5. What is meant by suppression of urine; retention of urine?

**MATERIA MEDICA**

1. State the various ways by which medicine can enter the system.
2. What are the forms in which medicine is put up?
3. How would you give a dose of castor oil to a child?
4. How do you prepare for and give a hypodermic?
5. Write out the English of the following abbreviations: aa — c — p.m. — t.i.d.

**DIETETICS**

1. Are the digestive organs affected by the condition of the general system?
2. What is regarded as the perfect food?
3. What is the best method for preparing beef juice?
4. What effect does boiling have upon beef tea?
5. Mention two ways of giving food other than by mouth.

**SURGERY**

1. State one method of preparing the field of operation for an appendectomy.
2. Name the articles to be in readiness on an antiseptic tray.
3. In cleaning the hands for surgical work, what part of the hand should receive the most careful attention?
4. Why are pus dressings, as a rule, not done in the main operating-room of the hospital?
5. Suggest a practical way of sterilizing surgical dressings in a private home.

**OBSTETRICS**

1. What is the function of the placenta or after-birth?
2. Give a complete list of articles which should be placed in readiness in the confinement room, after labor begins, for the normal obstetric case.
3. What are abortion, miscarriage, and premature labor?
4. What is puerperal infection; the source; the symptoms?
5. Describe a good breast binder and method of applying it.

**CONTAGIOUS DISEASES**

1. Give in detail the process of isolation and the sanitary surroundings for a diphtheria case throughout the case.
2. How do you feed an intubation case?
3. What precaution should a nurse observe in the care of her own health and habits while caring for contagious cases?
4. Why is the skin of patients having eruptive fever anointed?
5. Tell all you know about antitoxin; its manufacture, its use, etc.

**DISEASES OF WOMEN**

1. Name the female organs of reproduction.
2. What preparation should a nurse make for a vaginal examination?

3. What precaution should be observed in catheterization?
4. How would you prepare a patient for perineal operation? Give important points in after care.
5. Give symptoms of internal hæmorrhage.

## CARE AND FEEDING OF INFANTS

1. (a) At what temperature should a nursery be kept during the day?  
(b) How high from the floor should the thermometer be hung?  
(c) How often and in what manner should the nursery be aired?
2. At what age may an infant first begin to be taken out of doors: spring, summer, autumn, and winter, respectively?
3. How often should artificially fed infants be weighed? What are the general indications that artificially fed infants are not doing well?
4. Name and describe the causes, symptoms, and care of any three disorders common to the first few weeks of an infant's life.
5. How much will the stomach of a new-born infant hold?

## NURSING THE INSANE

1. Name four forms of insanity, and describe two.
2. Name two fundamental requisites in the daily care of the insane.
3. How would you meet the delusions of insanity?
4. Is it ever permissible to deceive an insane patient? Why?
5. Describe the giving of gavage to an insane patient.

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TORONTO, CAN.—The accompanying cut shows the exterior of the new nurses' residence erected, furnished, and presented to the Hospital for Sick Children at Toronto, Canada, by the Hon. J. Ross Robertson. This is, without doubt, one of the most complete buildings of the kind that have ever been constructed. It cost about \$120,000, is situated at the south end of the hospital grounds, between La Plante Avenue and Elizabeth Street, is built in red brick in colonial style of architecture, is five stories, exclusive of the basement, and provides ample accommodations for the requirements of the hospital, probably, for the next twenty years.

The basement is as light and bright a floor as the upper floors of the building, and contains on its east side a refrigerator and cold storage room, a scullery, and necessary store-rooms for the kitchen. It has also a modern diet kitchen, in which the nurses are taught special diet work as well as general cookery. In the centre of the basement is a demonstration room, 40 x 30, where nurses are taught ward work by demonstration during their probation period, and before they enter the wards of the hospital. On the west side of the basement is a large plunge bath, 35 x 14, with shower-bath and dressing room, next a sewing room, and on the north side of the corridor two large trunk rooms, vacuum sweeper room, and elevator room, while under the front of the centre of the building is the boiler plant, furnishing the building with heat and hot water. No

brooms are used in the building. It is swept by the vacuum process. The centre part of the ground floor is devoted to a large lecture hall and reception room, and adjoining it on the east is the general dining-room, a serving pantry, and the kitchen and cooks' pantries. To the west of the reception hall are the parlor, music and writing rooms, a library of general literature, a lecture room, a waiting room, and a lavatory. The first floor has twenty bed rooms, each 9 x 16, with two bath rooms, in which there are two tubs each, one for every five nurses on the floor. There is also a parlor in the south centre of the floor for the nurses, and a bed room and sitting room for the superintendent. The second floor is laid out like the first floor, with twenty bed rooms, but it has in addition a medical library, which is exclusively for the use of nurses in training, and on this floor are also rooms for the assistant superintendent, the housekeeper, and the supervisor of nurses. The third floor is also for nurses, and contains twenty-four bed rooms. This floor is laid out the same as the two previous floors. The fourth floor has twenty-one bed rooms for domestics, and has bath rooms and other conveniences. In the centre of the fourth floor is a room 45 x 33, fitted up as a gymnasium for the nurses. This room is used for thirty minutes in the morning and evening, when the nurses are given instruction. A narrow stairway leads to the roof garden, a flat space 45 x 33, where, during the summer time, nurses may sit and rest when their day's labor is over.

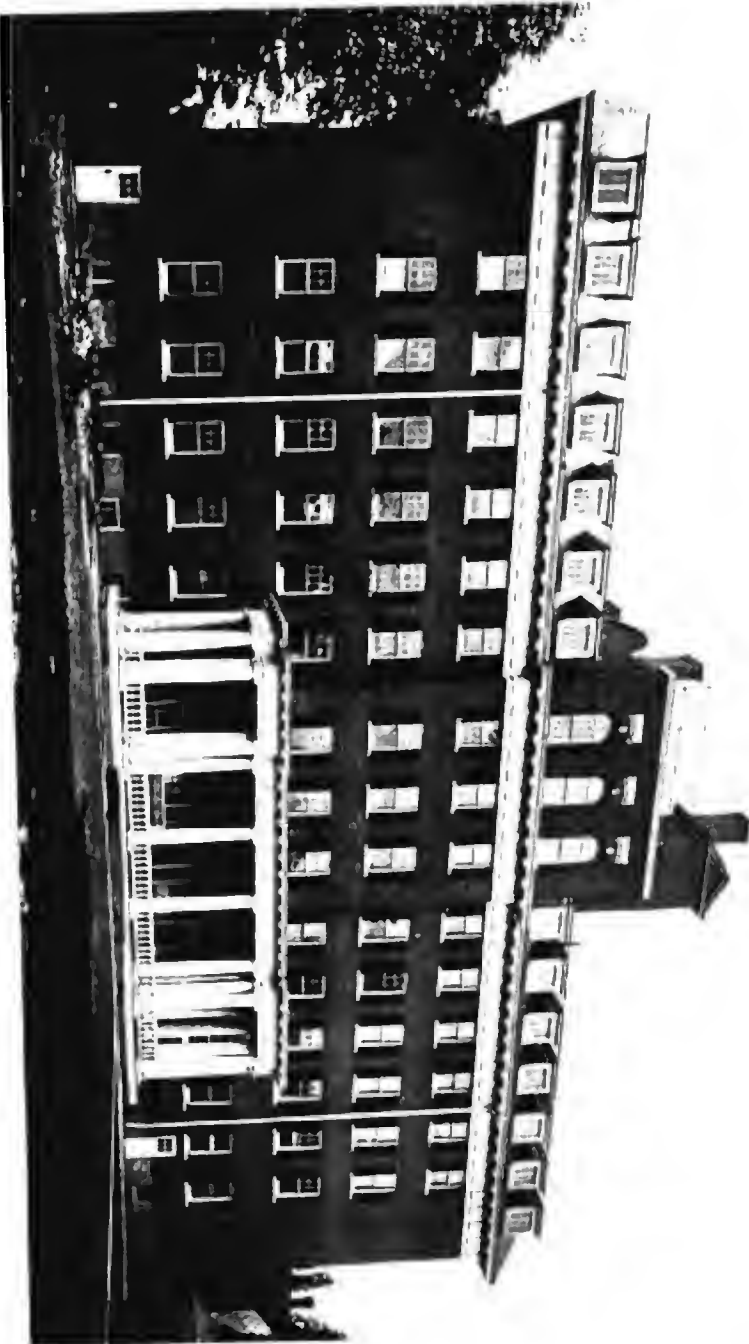
It must be remembered that during the summer months the nurses have their turns at the Lakeside Home on the Island, but there are always about ten nurses at the hospital, and these have to have fresh air and rest in hot weather, such as we had in last August, for example.

There will be—in fact, are now—forty-five nurses, including probationers, in the hospital. A large amount of heavy work is required of these women, and to do this work and be in perfect health, they must live under the best sanitary conditions, with good food, well ventilated rooms, and up-to-date methods, by the aid of baths, gymnastic exercises, and physical instruction, so that they may not only be in the best of health during their stay in the hospital, but when they go out to labor in the nursing field they will do so under the best possible condition. This is a brief description of the residence for the nurses. It will be formally opened this month, after which the *JOURNAL* is promised a set of interior photographs, which will afford many valuable suggestions to those contemplating the erection of a nurses' home. From the building to the endowment of the school would seem to be only a step.

CHICAGO, ILL.—The graduating exercises of the Chicago Passavant Hospital Training-School were held November 15. The musical part of the programme was conducted by Mr. Blatchford, and among the speakers was Dr. Stella M. Gardiner, who in her charming manner gave a very interesting history of nursing and its progress.

Diplomas were given the following: Misses Anna Ziegler, Margaret Bidinger, Laura Grosstreck, Adelaide Moore, Clara Walker, Martha Wallace, Ellen Dubel, Maud Essig, and Mary Kennedy.

The alumnae entertained the class and a number of their friends November 14. A very delightful evening was spent. An amusing paper entitled "Snatches



Nurses' Residence. Hospital for Sick Children, Toronto, Canada.

of *What I Have Seen*" was read by Miss Wallace. This, of course, was from an Irish standpoint, she being from Belfast, Ireland. Miss Essig gave a history of the class, and Miss Kennedy made the hit of the evening in her class prophecy. Some good, wholesome advice was given to the juniors by Miss Grossteuck, and very aptly responded to by Miss Barnett. Miss Ulendorf recited "*Women at a Social Game*," and Miss Weiss gave two songs. The nurses sang some of the "*Old Home Songs*," and the gentlemen, not to be outdone, sang a number of college songs. About seventy-five were present.

CLEVELAND, OHIO.—A class of eleven nurses graduated from St. Vincent's Charity Hospital, of Cleveland, Ohio, on November 27, 1906. The names of the young ladies receiving diplomas were: Miss Mary Elizabeth McGrath, Canada; Miss Clara Louise Robertson, Oswego, N. Y.; Miss Mary Elizabeth Hogan, Cleveland; Miss Minnie Alkire, Chillicothe; Miss Mary Alice Daugherty, Kent; Miss Helen McDermott, Akron; Miss Gertrude Perrin Elsworth, Green Spring; Miss Mary Catherine Metzger, Louisville, O.; Miss Margaret Cecelia McGuire, Akron; Miss Teresa Isabel Rynn, Akron, and Miss Anna Mary McGreevy, Akron.

A number of entertainments were given to the graduates. On Monday evening the class was entertained by the seniors of the training-school with a theatre party at the Opera House, followed by a supper at the Colonial Hotel. On Tuesday evening the sisters of the Hospital gave a dinner in their honor, and after the commencement exercises a banquet was tendered to them at the Hotel Euclid by the graduates of last year.

THE graduating exercises of the Danville, Virginia, General Hospital training-school for nurses were held at the hospital December 14th. Diplomas were presented to the following graduates by Dr. R. B. James: Miss Rosa Lee Arun, Miss Dora Hartsell, Miss Mande Evelyn Minter, Miss Doris Isabel Wimmer, and Miss Mary Stuart Vernon.

THE new wing of the Orange Memorial Hospital was thrown open for public inspection Thursday, December 6, 1906, and presents the most pleasing and gratifying results to all who have labored towards this end. It is beautifully equipped, and up-to-date in every particular. The lower floor will be occupied by babies and children, and includes a sun parlor, with the most fascinating furniture—the gift of one of the hospital's most generous donors. The walls of the building are tinted a pale green, which relieves the white woodwork, and is more restful to the eye than all pervading white, until the upper or third floor is reached, which includes the operating theatre, and then all is white. Apparently nothing has been left unthought of in this, and indeed, in all its parts. The heating and ventilating are most thorough, and can be regulated to a turn for all weathers. The maternity wards include a delivery room and babies' room. The second floor is devoted to private rooms, most attractively furnished, some by private donors, with all their dainty china and restful surroundings. One is provided with a private bathroom, and every floor has ample facilities for bathing, cooking and drying rooms, and, dear to the nurse's as well as the housekeeper's heart, well filled linen-shelves. Old graduates of the school who took opportunity to go through everything on that day could not fail to

compare the old times with the new and rejoice in all the advancement and good things that time had provided.

THE addition to the Home and Retreat, Lynchburg, Virginia, will be ready for occupancy by January. The capacity of the institution will be doubled and all modern improvements embodied.

THE Minnequa Hospital nurses have placed a life size portrait of Florence Nightingale in tile in one of the niches in front of the hospital. There are eight niches in all, four of which are now filled. Hippocrates, Jenner, N. S. Davis, and Florence Nightingale are the subjects represented. The latter is considered to be the best picture.



Is there any connection between these three facts: (1) flies act as carriers of typhoid fever infection, (2) in October, when the first cold days come, flies clamor for entrance to our heated houses, and infest our homes, and (3) in October, we have the greatest amount of sickness from typhoid fever? Can Mr. Fly plead not guilty in the face of this circumstantial evidence?—*Public Health*.

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“RESOLVED, That I have named my boat Advice so no one will take it. There have been so many boats missing around here lately. But nobody will take advice. The only man who will take advice is the man who does n’t need it—you can get tons of advice when you don’t need it, but directly you need it you must pay well for it.”—*Buster Brown*.

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“If the power to do hard work is not a talent, it is the best possible substitute for it. Things don’t turn up in this world until somebody turns them up. A pound of pluck is worth a ton of luck. Luck is an *ignis fatuus*. You may follow it to ruin, but never to success.”—*Garfield*.

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“I KNEW a witty physician who found theology in the biliary duct, and used to affirm that if there was disease in the liver, the man became a Calvinist, and if that organ was sound, he became a Unitarian.”—*Emerson*.

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“CHARACTER is nature in the highest form.”



Florence Nightingale.

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